



Are You In An Abusive Relationship?

Does your partner:

- Constantly criticize you or put you down?
- Refuse to talk about your concerns or ignores you?
- Disrespect, insult, humiliate, or demean you or your beliefs and values?
- Try to control what you do, what you wear, who you see or how you act?
- Control how much you can spend?
- Not take responsibility for their actions and blames others?
- Not respect your personal space, including your social media accounts?
- Force sexual activity against your will?
- Try to scare you by doing dangerous things (such as driving too fast)?
- Ever hurt or threatened to harm you, your friends, family, or pets?
- Threaten to hurt or kill themselves if you leave them?



If you answered YES to any of these

or if you know someone who may be in an abusive relationship,
we are here to help.

Please call our free and confidential 24/7 Help/Crisis Line

(773) 583-HOPE (4673)